

I am a Problem Solver!

Before I ask Mom or Dad for help, **I will:**

1

Stay Calm

I can take a deep breath.

2

Name the Problem

I can use my words to say what is wrong.

3

Think of Solutions

I can look around and think of a few things I could try.

4

Try One

I can try my best idea.

6

Ask for Help

If my ideas don't work,
I can say to Mom or Dad:

"The problem is _____.
I already tried _____ and _____."

**Problem solvers keep trying,
even when things are hard.**



If someone is hurt, unsafe, or in danger, I can tell an adult right away.

5

Try Again

If my first idea doesn't work,
I can try another one.